

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 02045, Dill weed, fresh

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	85.95	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Energy	kcal	43	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Energy	kJ	180	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	3.46	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Total lipid (fat)	g	1.12	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Ash	g	2.45	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Carbohydrate, by difference	g	7.02	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Fiber, total dietary	g	2.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1994
Minerals													
Calcium, Ca	mg	208	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Iron, Fe	mg	6.59	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Magnesium, Mg	mg	55	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

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Phosphorus, P	mg	66	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Potassium, K	mg	738	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Sodium, Na	mg	61	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Zinc, Zn	mg	0.91	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Copper, Cu	mg	0.146	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Manganese, Mn	mg	1.264	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Vitamins													
Vitamin C, total ascorbic acid	mg	85.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Thiamin	mg	0.058	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Riboflavin	mg	0.296	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Niacin	mg	1.570	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Pantothenic acid	mg	0.397	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Vitamin B-6	mg	0.185	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Folate, total	µg	150	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

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Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	150	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Folate, DFE	µg	150	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2003
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977
Vitamin A, RAE	µg	386	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	7718	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Lipids													
Fatty acids, total saturated	g	0.060	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
12:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
14:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
16:0	g	0.049	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
18:0	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Fatty acids, total monounsaturated	g	0.802	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

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16:1 undifferentiated	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
18:1 undifferentiated	g	0.798	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Fatty acids, total polyunsaturated	g	0.095	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
18:2 undifferentiated	g	0.082	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
18:3 undifferentiated	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977
Amino Acids													
Tryptophan	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Threonine	g	0.068	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Isoleucine	g	0.195	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Leucine	g	0.159	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Lysine	g	0.246	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Methionine	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

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Cystine	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Phenylalanine	g	0.065	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Tyrosine	g	0.096	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Valine	g	0.154	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Arginine	g	0.142	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Histidine	g	0.071	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Alanine	g	0.227	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Aspartic acid	g	0.343	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Glutamic acid	g	0.290	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Glycine	g	0.169	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Proline	g	0.248	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Serine	g	0.158	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Flavanones													
Hesperetin ¹	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin ^{1,2}	mg	0.00	--	0	0	0	--	--	--	--	--	--	--
Luteolin ^{1,2}	mg	0.00	--	0	0	0	--	--	--	--	--	--	--
Flavonols													
Isorhamnetin ¹	mg	43.50	--	--	15	72	--	--	--	--	--	--	--
Kaempferol ^{1,2}	mg	13.33	--	7.05	0	24	--	--	--	--	--	--	--
Myricetin ²	mg	0.69	--	--	0.69	0.69	--	--	--	--	--	--	--
Quercetin ^{1,2}	mg	55.14	--	29.81	7.44	110	--	--	--	--	--	--	--

¹Justesen, U., and Knuthsen, P. Composition of flavonoids in fresh herbs and calculation of flavonoid intake by use of herbs in traditional Danish dishes., 2001 Food Chem. 73 pp.245-250

²Lugasi, A., and Hovari, J. Flavonoid aglycons in foods of plant origin I. Vegetables, 2000 Acta Alimentaria 29 pp.345-352